

---

## Brown Betty

- 1 cup bread crumbs
- 2 cups chopped apples (tart)
- 1/2 cup sugar
- 1 teaspoon cinnamon
- 2 tablespoons butter (cut in small bits)

Butter a deep dish and put a layer of the chopped apple at the bottom; sprinkle with sugar, a few bits of butter, and cinnamon; cover with bread crumbs; then more apple. Proceed in this manner until the dish is full, having a layer of crumbs at the top. Cover closely and steam three quarters of an hour in a moderate oven; then uncover and brown quickly. Eat warm with sugar and cream, or a sweet sauce. This is a homely but very good pudding, especially for the children's table. Serve in the dish in which it was baked.

## Beef Jerky

- 1 beef flank steak, about 1 pound
- 1/2 tsp. garlic salt
- 1-1/2 tsp. salt
- 1/4 tsp. ground black pepper

Freeze steak partially for easy slicing. Trim off all visible fat. Using a sharp knife, cut the flank steak lengthwise (with the grain) into strips approximately 3/16 inch thick. Combine garlic salt, and ground pepper. Sprinkle mixture over sliced meat and mix well to distribute evenly.

Arrange strips of meat flat and close together on a wire rack or racks, in a very shallow baking pan. Bake in a very slow oven (175 degrees F.) for 8-10 hours or until dry and almost crisp. Cool on absorbent paper. Store in a covered container. Yield 2-3 dozen pieces  
Note: Jerky should be stored in the refrigerator as no preservative has been added. The drying process may not safely preserve it.